

What is claimed is:

1. An abdominal exerciser comprising:
a flexible plate having a plurality of projections on the bottom surface, for pushing the abdomen down by gravity; and
a weight applying means fixed to the top surface of the flexible plate, for applying its weight to the abdomen.
2. The abdominal exerciser of claim 1, wherein the bottom surface of the flexible plate, which has the plurality of projections, is convex.
3. The abdominal exerciser of claim 1 or 2, wherein at least one male screw is fixed to the top surface of the flexible plate, and the weight applying means is at least one weights to be engaged with the male screw.
4. The abdominal exerciser of claim 1 or 2, wherein the weight applying means comprises a filling for providing weight, and a weight retainer fixed to the top surface of the flexible plate, for holding the filling therein, and the filling comprises metal or mineral.
5. The abdominal exerciser of claim 1 or 2, wherein the projections are formed of a mineral capable of emitting far infrared rays, and the abdominal exerciser further comprises a thermal keeping plate below the flexible plate, for keeping the temperature of the abdomen, the thermal keeping plate including a plurality of permanent magnets arranged therein.
6. The abdominal exerciser of claim 5, further comprising a heat emitting plate between the flexible plate and the thermal keeping plate, for producing heat with application of electricity.
7. The abdominal exerciser of claim 1 or 2, further comprising a pair of grips at both ends of the flexible plate.